

## Inspiring Student Wellness Education School Councils Playing a Role



The **Alberta Healthy School Community Wellness Fund** is a joint initiative between the University of Alberta and the University of Alberta’s School of Public Health and the Government of Alberta.

A **healthy school community** is one that embeds a sustainable culture of wellness for children, youth and the entire school community using a **comprehensive school health** approach to create an inclusive, collaborative and connected environment. It is a school community that constantly strengthens its ability as a healthy setting for living, learning and working.

The development of healthy school communities is more likely to be successful when there is buy-in from all stakeholders. Without buy-in there is no momentum, however, not everyone will be on-board from the start. Begin by including those interested and let the momentum build organically; a shift in attitudes can be accelerated by providing evidence for the need to change.

Below are some ideas that **School Councils** can use to support their own school in becoming a **healthier environment**. For more information visit our website at [www.wellnessfund.ualberta.ca](http://www.wellnessfund.ualberta.ca)

Healthy School Policy	Partnerships & Services	Teaching and Learning	Social Environment	Physical Environment
Work to ensure that all stakeholder voices are represented and heard during the policy development process	Become a member of the school Wellness Committee or school community action groups	Offer your skills as a teaching resource	Be a good role model: pack a healthy lunch, walk your child to school, model healthy behaviour at home, encourage unstructured play and physical activity	Participate in the creation of a community garden and invite community members
Research existing school and/or district policies in the province and present applicable ideas to the committee	Use your own network to link applicable people or businesses with the school Link community league activities with the school	Share your cultural diversity in the school through healthy food and physical activity (such as cultural dance)		Work with the school to beautify the grounds by painting murals, planting shrubs and flowers or organizing a cleanup
Ask questions and encourage your school or division to develop policy	Facilitate relationships between the school and local seniors	Participate in school wellness events and take-home wellness initiatives	Create a healthy hot lunch program Host healthy fundraisers	Support improvements to play areas such as painting tarmac games on sidewalks
Be part of the policy development process	Participate in the local Healthy Active School Symposium- HASS	Support extracurricular activities	Organize a “Walking School Bus”	Donate (gently used) equipment your children have outgrown